

Watertown Senior News

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www.watertown-ma.gov

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AUGUST 2013

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COME ON OVER IT'S COOL INSIDE!

Don't stay home in the heat! The Senior Center is air-conditioned and is open Monday through Friday from 8:30 a.m. until 5:00 p.m. There's something going on every day (*check the calendar on pg. 7*) Come participate in an activity, or just relax and stay cool. There's a free book and magazine exchange, and the coffee pot is always on so stop by!



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THE ALEXANDER TECHNIQUE - A GUIDED WORKSHOP

What is the Alexander Technique?

The Alexander Technique teaches ways to unlearn habitual patterns that cause unnecessary bodily tension returning the body to a balanced well-aligned state of rest and poise.

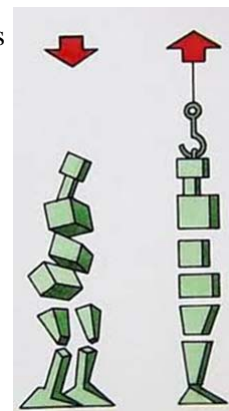
By teaching how to change faulty postural habits, the technique enables improved mobility, posture, performance and alertness along with relief of chronic stiffness, tension and stress.

Come to a workshop to learn more with certified Alexander Technique practitioner, actress, and well loved Senior Center exercise instructor, Shannon Lee Jones!

WHEN: 9:30 a.m. Wednesday, August 28

WHERE: Watertown Senior Center, 31 Marshall St.

In 2003, after chronic back pain resulting from years of dancing threatened to shorten her theatrical career, Shannon found relief through the Alexander Technique. After studying the technique in New York and moving to Boston she decided to pursue Alexander Technique certification studying with Tommy Thompson in Cambridge. The Alexander technique has become a way of life for Shannon allowing her to return to performing professionally in musical theatre throughout the Boston area.



"WRITING & REMINISCENCE" WRITING WORKSHOP

Do you enjoy telling stories about your life?

How many times have your children or grandchildren asked you to tell them more about what things were like when you were growing up?

This workshop will help provide the structure to get started! Learn writing tips and engage in informal exercises as we reminisce about the past.

The workshop will be offered by Jennifer Quinlan who has a background in journalism and social work and experience leading memoir and creative writing workshops with older adults in the Watertown area. Jennifer believes everyone has a story to tell and everyone can write.

The six-week workshop will meet 10 - 11:30 a.m. starting Monday, September 16 and pre-registration is required.

Curious? Want to learn more? Meet Jennifer at an information session:

WHEN: 9:30 a.m. Wednesday, September 4

WHERE: Watertown Senior Center, 31 Marshall St.

This program is made possible through an Education Grant from the Watertown Community Foundation.



August Movie Matinee

Relax and enjoy a movie in our comfortable lounge Thursday afternoons at 1:00 p. m.

8/1-PROMISED LAND A small-town teacher stands up to a pair of drilling representatives who are determined to exploit the local resources, and receives some unexpected support as the community rallies to drive away the persistent interlopers in this drama from director Gus Van Sant. Steve Butler (Matt



Damon) is a corporate salesman with a reputation for getting results. When the company he works for draws up plans to drill for natural gas in an economically depressed farming community, Steve and his partner (Frances McDormand) attempt to convince the locals that they have an opportunity to profit from the project. At first the locals are welcoming, but when venerable teacher Frank Yates (Hal Holbrook) voices objection, concerned locals, Dustin (John Krasinski) and Alice (Rosemarie DeWitt) help to launch an effective grassroots campaign against the drilling.

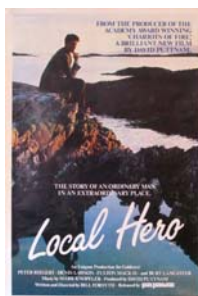
8/8-LOCAL HERO Burt Lancaster plays Texas billionaire Felix Happer, who would rather gaze at the stars than worry about his multinational oil company. Happer dispatches Mac MacIntyre (Peter Riegert) and Danny Oldsen (Peter Capaldi) to the small Scottish fishing village of Ferness to negotiate buying the entire town so Happer

can drill for oil in the North Sea. Much to Mac's surprise, the entire town is happy to sell itself for big money, and the local innkeeper, Gordon Urquhart (Denis Lawson) who is also the town's accountant and mayor works with Mac on the negotiations. But a wrinkle appears in the deal when Ben Knox (Fulton Mackay), an old man who lives in a shack on the beach which has been owned by his family for centuries, refuses to sell. The deal stalls so seriously that Happer comes to oversee negotiations as Mac and Danny are seduced by the charm of the Scottish town.

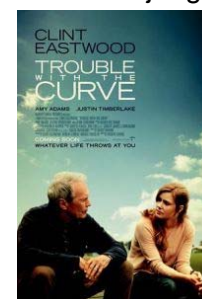
8/15-QUARTET Cecily, Reggie, and Wilfred are in a home for retired musicians. Every year, on October 10, there is a concert to celebrate Verdi's birthday and they take part. Jean, who used to be married to Reggie, arrives at the home and disrupts their equilibrium. She still acts like a diva and she refuses to sing. Still, the show must go on... and it

does. With Maggie Smith, Michael Gambon, Billy Connolly, and Pauline Collins.

8/22-TROUBLE WITH THE CURVE For decades, Gus Lobel (Clint Eastwood) has been one of the best scouts in Major League Baseball. But his eyes just aren't what they used to be, and as a phe-



nomenal young batter enters the draft, the owners of the Atlanta Braves cast a shadow of doubt over Gus' judgment. Meanwhile,



his daughter Mickey (Amy Adams) is an aspiring partner at a major Atlanta law firm. After his wife's death Gus sent Mickey away and their relationship has been

strained ever since. But she knows baseball, and recognizing her father's job is in jeopardy decides, at the risk of her own career to help him. So with two goals in mind, Mickey accompanies Gus on a scouting trip that could keep him in the game until he's ready to retire, and could repair a father/daughter relationship that once seemed all but lost.

8/29-KEEPING MUM The good Reverend Walter Goodfellow, (Rowan Atkinson) is a well-meaning but hapless religious figure in his town. His son, Petey, is a wimp, forever terrorized at school. His daughter, Holly, enjoys the company of a variety of different boyfriends. Wife Gloria (Kristin Scott Thomas) has had enough of her husband and is considering leaving him for a golf teacher (Patrick Swayze). The family starts

to come back together after hiring a housekeeper called Grace (Maggie Smith), a woman who knows a thing or two about keeping secrets.



SEPTEMBER ON THE SHORE

Enjoy the last little bit of summer on a trip to the shore in September! On the way north we'll stop at the Christmas Tree Shop, then it's on to the Danversport Yacht club for a delightful luncheon overlooking the water with your choice of Baked Scrod, or Thinly Sliced Roast Beef. Then a drive up the coast to the lovely village of Kennebunkport where you can take a peek in the quaint shops, stroll along the ocean path, or sit and enjoy the ocean breezes and the gorgeous view of the harbor.

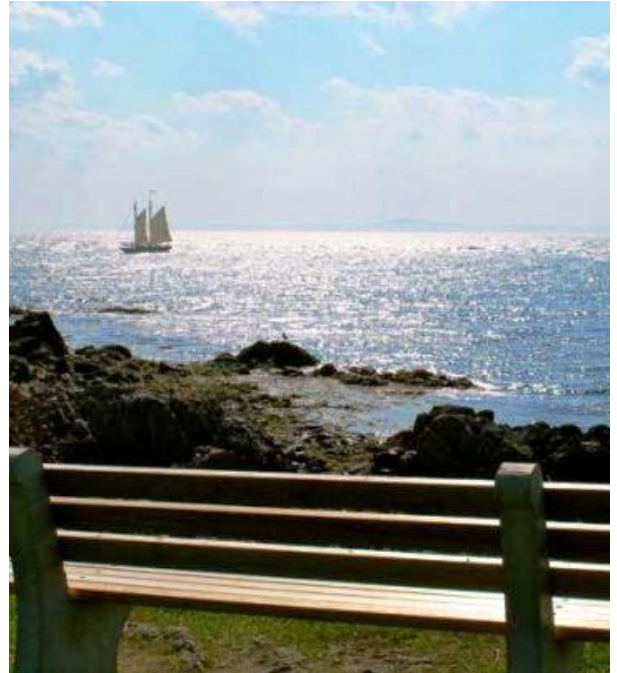
WHEN: Thursday, September 12

LEAVE 9:00 a.m.

RETURN: 6:00 p.m.

COST: \$62.00 (includes shopping, luncheon, tour & tip for driver)

Sign up & pay at the Watertown Senior Center, 31 Marshall St.
Call 617-972-6490 for more information.



SAVE THE DATE! OCTOBER FOLIAGE TRIP..... Details to follow

Mark your calendar!

The fall foliage trip is coming on **October 17.**

We'll have a traditional luncheon at the historic Salem Cross Inn, a 1700's era farmhouse nestled on 600 acres of working New England farmland.

You will soak up the fall beauty and enjoy the views as we tour the Quabbin Reservoir. With luck we might even spot one of the Bald Eagles that nest there.

On the way home, a stop at Brookfield Orchards completes your autumn day.



AUGUST TRIP! (This trip is filled but accepting names for the waiting list)

Join the Watertown seniors for a day to appreciate all that Boston has to offer. We start the morning with a trip to the Commonwealth Museum to soak up some of the history that makes Boston so great. Then we're off to Rowe's Wharf to board the luxury yacht, Odyssey for a gourmet three-course luncheon accompanied by a Boston Cabaret Show as we cruise the harbor. On the way home we'll have time to take a bus tour past some of Boston's most famous sites to complete your day on the town.

WHEN: Tuesday, August 6

LEAVE 8:30 a.m.

RETURN: 5:00 p.m.

COST: \$71.00 (includes museum, harbor cruise, entertainment & luncheon, Boston tour & tip for driver)

Sign up & pay at the Watertown Senior Center, 31 Marshall St.



HOW TO MAKE A NON-TOXIC CLEANING KIT

NON-TOXIC FORMULAS:

CREAMY SOFT SCRUBBER Pour 1/2 cup of baking soda into a bowl, and add enough liquid detergent to make a texture-like frosting. Scoop the mixture onto a sponge, and wash the surface. This is the perfect recipe for cleaning the bathtub because it rinses easily and doesn't leave grit. Note: Add 1 teaspoon of vegetable glycerin to the mixture and store in a sealed glass jar, to keep the product moist. Otherwise just make as much as you need at a time.

WINDOW CLEANER

1/4-1/2 teaspoon liquid detergent 3 tablespoons vinegar 2 cups water Spray bottle

Put all the ingredients into a spray bottle, shake it up a bit, and use as you would a commercial brand. The soap in this recipe is important. It cuts the wax residue from the commercial brands you might have used in the past.

OVEN CLEANER

1 cup or more baking soda Water A squirt or two of liquid detergent

Sprinkle water generously over the bottom of the oven, then cover the grime with enough baking soda that the surface is totally white. Sprinkle some more water over the top. Let the mixture set overnight. You can easily wipe up the grease the next morning because the grime will have loosened. When you have cleaned up the worst of the mess, dab a bit of liquid detergent or soap on a sponge, and wash the remaining residue from the oven.

ALL-PURPOSE SPRAY CLEANER

1/2 teaspoon washing soda A dab of liquid soap 2 cups hot tap water

Combine the ingredients in a spray bottle and shake until the washing soda has dissolved. Apply and wipe off with a sponge or rag.

FURNITURE POLISH

1/2 teaspoon oil, such as olive (or jojoba, a liquid wax) 1/4 cup vinegar or fresh lemon juice

Mix the ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover the glass jar and store indefinitely.

VINEGAR DEODORIZER

Keep a clean spray bottle filled with straight 5% vinegar in your kitchen near your cutting board and in your bathroom and use them for cleaning. The smell of vinegar dissipates within a few hours. Straight vinegar is also great for cleaning the toilet rim. Just spray it on and wipe off.

MOLD KILLERS

Tea Tree Treasure

Nothing natural works for mold and mildew as well as this spray. Tea tree oil is expensive, but a little goes a very long way. Note that the smell of tea tree oil is very strong, but it will dissipate in a few days.

2 teaspoons tea tree oil 2 cups water

Combine in a spray bottle, shake to blend, and spray on problem areas. Do not rinse. Makes two cups.

Vinegar Spray

Straight vinegar reportedly kills 82% of mold. Pour some white distilled vinegar straight into a spray bottle, spray on the moldy area, and let set without rinsing if you can put up with the smell. It will dissipate in a few hours.

SHOPPING LIST:

- Baking soda
- Washing soda
- White distilled vinegar
- Natural liquid soap or detergent

- Tea tree oil
- 6 clean spray bottles
- 2 glass jars

Optional:

- Vegetable glycerin
- Fresh lemon
- Additional essential oils

www.care2.com

We're on the Web!

www.watertown-ma.gov



There's still time to catch
some of the 2013
WATERTOWN
SUMMER CONCERTS!

AUGUST 1:
'TARBONE

AUGUST 8:
LOVE DOGS

AUGUST 15:
SUNNY and HER JOY
BOYS with DUKE
ROBILLARD

Concerts are held on Thursdays
from 6:30 - 8:00 p.m. outdoors at
Saltonstall park.

Rain Info: Call 617-972-6431 after
4:30 p.m. on concert day.

Rain venue is the Watertown Free
Public Library.

Bring your lawn chair & a picnic!

Sponsored by the
Town of Watertown.
www.watertown-ma.gov



MEDICAL UPDATE

Medical screenings
listed below
are all held
on Thursday
mornings

August 8: Hearing Screening with audiologist Scott Tes-
sina from Miracle Ear. Call the Senior Center at 617-972-6490
for an appointment. There is no charge for this service but
donations to the Senior Center are appreciated.

September 19 : Next Date for Routine Foot Care by
podiatrist, Dr. David Alper in order of sign-in **starting at**
11:00 a.m. The cost for this service is \$25.00 payable
to Dr. Alper. Insurance is not accepted.

August 22: Blood Pressure by Linda Micklay, R.N. from
CareGroup Home Care in order of sign-in starting at 9:30
a.m. There is no charge for this service but donations to the
Senior Center are appreciated.

BE THE FIRST TO KNOW!

Have the **Watertown Senior News** emailed
to your home computer every month by going
to the Town website: www.watertown-ma.gov
and signing up on the 'Notify Me' list.
Follow the link on the left side of the home page,
scroll down to **Watertown Senior News**
and check it off! Or call the Senior Center at
617-972-6490 with your email address
& we'll add it for you!



BOOK & MAGAZINE EXCHANGE

Summertime reading made easy
with the book & magazine exchange at the Senior
Center! Come by and pick some out. And when
you're done reading, be sure to 'recycle' that
magazine or paperback by passing it on to another
reader here at the Center.

See You in September....

*We look forward to welcoming back these
popular groups after a summer hiatus:*

*Tai Chi, the Book Club, Knitting Group, Art Class,
and the Mellowtones.*



AUGUST 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 SENIOR CENTER 1 10:00 Yoga Class 11:00 Games 1:00 Movie: Promised Land	COA SHOPPING BUS SENIOR CENTER 2 10:00 Bingo 11:00 Exercise Class
SENIOR CENTER 5 9:30 Art for Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 12:30 Bridge	COA SHOPPING BUS SENIOR CENTER 6 <i>Boston Harbor Cruise</i> 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 7 9:30 Week 4 – Arthritis Self-Management Program (pre-reg) 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 8 9:30 Hearing Screen by appt 10:00 Yoga Class 11:00 Games 1:00 Movie: Local Hero	COA SHOPPING BUS SENIOR CENTER 9 10:00 Bingo 11:00 Exercise Class 
SENIOR CENTER 12 9:30 Art for Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 12:30 Bridge	COA SHOPPING BUS SENIOR CENTER 13 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage 	COA SHOPPING BUS SENIOR CENTER 14 9:30 Week 5 – Arthritis Self-Management Program (pre-reg) 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 15 10:00 Yoga Class 11:00 Games 1:00 Movie: Quartet 	COA SHOPPING BUS SENIOR CENTER 16 10:00 Bingo 11:00 Exercise Class
SENIOR CENTER 19 9:30 Art for Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 12:30 Bridge 	COA SHOPPING BUS SENIOR CENTER 20 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 21 9:30 Week 6 – Arthritis Self-Management Program (pre-reg) 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 22 9:30 Blood Pressure 10:00 Yoga Class 11:00 Games 1:00 Movie: Trouble with the Curve	COA SHOPPING BUS SENIOR CENTER 23 10:00 Bingo 11:00 Exercise Class 
SENIOR CENTER 26 9:30 Art for Fun 11:00 Exercise Class LUNCH M-F 11:30 Woodland Towers 12:30 Bridge	COA SHOPPING BUS SENIOR CENTER 27 10:00 Watch Our Weight 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 28 9:30 Workshop: Alexander Technique / Shannon Lee Jones 11:00 Exercise Class 12:30 Whist 	SENIOR CENTER 29 10:00 Yoga Class 11:00 Games 1:00 Movie: Keeping Mum	COA SHOPPING BUS SENIOR CENTER 30 10:00 Bingo 11:00 Exercise Class

One Book One Watertown

August is the perfect time for a great summer read and you are not going to want to miss this year's choice: "WOOL" by Hugh Howey.

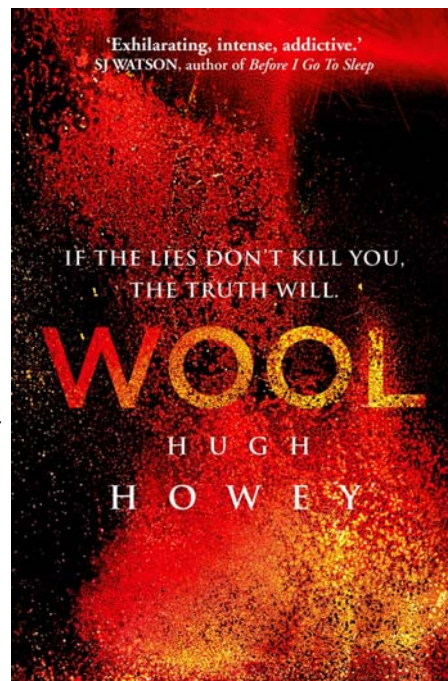
WOOL is the story of mankind clawing for survival, of mankind on the edge. The world outside has grown unkind, the view of it limited, talk of it forbidden. But there are always those who hope, who dream. These are the dangerous people, the people who infect others with their optimism. Their punishment is simple. They are given the very thing they profess to want: They are allowed outside. WOOL has captivated readers across the globe since its first release and has become one of the most talked about and best reviewed books of this year. It has drawn comparisons to the likes of *The Road*, *The Passage* and *The Hunger Games*, with Ridley Scott acquiring film rights earlier this year.

<http://www.thisiswool.co.uk/#sthash.NxweoLx4.dpuf>

A visit by the author is just one of the activities the Library has planned to take place starting in September. Stop by the Library for more info, or check their calendar listings online at: <http://www.watertownlib.org/events/all>

And be sure to join Watertown Free Public Library's Reference Supervisor, Jill Clements at the Senior Center for a lively interactive discussion.

WHEN: 9:30 a.m. Wednesday, October 2 at the Watertown Senior Center, 31 Marshall St.
Please sign up by calling 617-972-6490 so that we can plan refreshments.



**WATERTOWN COUNCIL ON AGING
SENIOR CENTER
31 MARSHALL ST.
WATERTOWN, MA 02472**

